



## **Fitlife Foods Expands Home Delivery Services Throughout Orlando Area**

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Fitlife Foods, the Tampa-based healthy meal preparation company, is strengthening its home delivery services throughout the Orlando and surrounding area following the temporary closure of its Orlando retail location. The expansion ensures customers across Central Florida maintain uninterrupted access to chef-prepared, nutritionally balanced meals delivered directly to their doors.

The enhanced delivery service comes as the company responds to growing demand for convenient, healthy meal solutions among Orlando's busy professionals, fitness enthusiasts, and health-conscious families. While the Orlando storefront undergoes temporary closure, customers can continue receiving their favorite meals through the expanded Fitlife Foods Home Delivery service or visit the nearby Winter Park location.

"The temporary closure of our Orlando location has accelerated our plans to strengthen delivery capabilities throughout the region," said Penny Primus, VP of Marketing & Customer Experience at Fitlife Foods. "We recognize that our customers rely on us for their nutrition goals, and this expansion ensures they can access our meals with even greater convenience. Home delivery eliminates the need for store visits while maintaining the same fresh, high-quality meals our customers expect."

The delivery expansion includes eco-friendly packaging and flexible scheduling options designed to accommodate diverse lifestyles and dietary preferences. Each meal arrives fresh, never frozen, and ready to heat and eat. The service covers Orlando and surrounding areas, including Winter Park, with plans for continued geographic expansion throughout Central Florida.

Fitlife Foods maintains its commitment to using only fresh, all-natural ingredients free from artificial sweeteners, flavors, colors, and preservatives. The company's menu features over 55 options across multiple categories, including FitMeals, FitBreakfasts, FitSnacks, and FitSweets, all crafted under the guidance of Executive Chef Chris Austin.

"Our home delivery service represents more than just convenience," noted Primus. "It's about removing barriers to healthy eating. When nutritious, perfectly portioned meals arrive at your doorstep, maintaining wellness goals becomes significantly easier, especially for those juggling demanding schedules."

The company's satisfaction guarantee extends to all delivery orders, promising to replace any meal that doesn't meet customer expectations. Additionally, Fitlife Foods continues to offer free wellness coaching to Orlando-area customers, providing personalized meal planning, progress tracking, and weekly check-ins to support individual health journeys.

Founded in 2011, Fitlife Foods has grown from a single Tampa location to serve customers across Florida and Georgia through retail locations and home delivery. The company operates on five core values: Winning, Ownership, Purpose, Curiosity, and Gratitude, which guide its mission to make healthy eating accessible and convenient. Beyond providing meal solutions, Fitlife Foods actively supports local organizations and initiatives promoting health, wellness, and access to nutritious food throughout the communities it serves. The company also partners with numerous corporate organizations to provide healthy meal benefits to employees across the region.

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For more information about Fitlife Foods, contact the company here: [Fitlife\\_Foods@Fitlife\\_Foods.com](mailto:Fitlife_Foods@Fitlife_Foods.com) 813-540-4072 [info@eatfitlifefoods.com](mailto:info@eatfitlifefoods.com) 1810 W Kennedy Blvd. Tampa, FL 33606

**Fitlife Foods**

*Fitlife Foods offers fresh, chef-crafted meals made from clean ingredients and balanced macros. Our made-from-scratch dishes deliver bold flavor and real nutrition, helping busy, high-performing people stay consistent without sacrificing taste or time.*

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